

Michigan Department of Education

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Recipe Sizing Report

Oct 2, 2014

004317 - Popcorn Car glaz-Sag Twp Schls : Sag Twnsp Schls	Components	Attributes
HACCP Process: #2 Same Day Service Number of Portions: 45.9 Size of Portion: 3 cups	Meat/Alt: Grains: Fruit: Vegetable: Milk:	-WG Snack

**RECIPE #4317:
FLAVORFUL POPCORN
WITH CARAMEL GLAZE**

Ingredients	Measures	Instructions
905217 Popcorn premium 45 to 1, 36g..... 905218 Oil popping no trans 14g..... 905219 Seasoning popcorn btr flvrd 1.3g... 905237 Glaze Pop caramel.....	1 qt + 1/2 cup 1/2 cup + 1 Tbsp 1 tsp 1/2 cup	Prepare one batch of popcorn using 1 1/2 Cups popcorn, 3 TBSP oil, and 1 tsp seasoning by combining oil, seasoning, and popcorn kernels in popper kettle. Heat until popping ends. Empty kettle of any remaining kernels. Then prepare two batches of popcorn using for each batch 1 1/2 Cups popcorn, 3 TBSP oil and 1/4 Cup Caramel Glaze Pop. Combine the three batches to distribute the glazed popcorn evenly. Portion popcorn into 3 cup servings in each 2# Kraft bag. 3 cup serving weighs 23 gm or .82 oz.

*Nutrients are based upon 1 Portion Size (3 cups)

Calories	98 kcal	Cholesterol	0 mg	Sugars	1.7 g	Calcium	*0.00* mg	32.30%	Calories from Total Fat
Total Fat	3.53 g	Sodium	38 mg	Protein	2.09 g	Iron	0.56 mg	1.79%	Calories from Saturated Fat
Saturated Fat	0.20 g	Carbohydrates	14.81 g	Vitamin A	*441.2* IU	Water*	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.61 g	Vitamin C	*0.0* mg	Ash*	*N/A* g	60.25%	Calories from Carbohydrates
								8.51%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

* - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

SMART SNACKS
PRODUCT CALCULATOR



Smart Snacks Product Calculator Results

Brand:
**Saginaw Township Schools
#4317**

Product Name:
Popcorn w/Caramel Glaze

Serving Size:
23.00 g

First Ingredient:
Popcorn

* Your whole grain product meets all
nutrient standards.

Nutrition Facts

Serving Size 23.00 g

Amount Per Serving

Calories 98

Calories from Fat 31.77

Total Fat (g) 3.53

Saturated Fat (g) 0.2

Trans Fat (g) 0

Sodium (mg) 38

Carbohydrates

Sugars (g) 1.7

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

Recipe Nutrient
Analysis Results

Smart Snacks
Calculator
Successful Recipe
Entry Result

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.